Critical Incident Stress

Short Term Reactions

**Physical**
- Nausea
- Shakes / Muscle Tremors
- Sweating
- Heart Rate Increase
- Chest pain
- Lack of coordination

**Cognitive**
- Confusion
- Difficulty in making decisions
- Short term memory loss
- Poor concentration
- Flashbacks

**Emotional**
- Fear
- Anxiety
- Guilt
- Shame
- Frustration
- Self doubt
- Irritability
- Anger and/or resentment
- Numbness